

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Sep - 2 CEREAL PACK MILK,1% Lowfat	Sep - 3 MINI WAFFLE ORANGE HALVES MILK,1% Lowfat	Sep - 4 CINNAMON ROLL PLUMS APPLE JUICE MILK,1% Lowfat
	Nutrients Target Cals... 548 110% Chol... 30 mg Sodium... 565 mg Fiber... 1.6 g Iron... 2.6 mg Calcium 682.8 mg Vit A 1212 IU Vit C 8.5 mg Sugar 27.0*g 19.7%Cal Prot 22.1g 16.2%Cal Carb 85.9g 62.7%Cal T.Fat 13.9g 22.8%Cal S.Fat 6.7g 11.0%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 343 98% Chol... 17 mg Sodium... 287 mg Fiber... 4.6 g Iron... 0.9 mg Calcium 351.2 mg Vit A 626 IU Vit C 34.8 mg Sugar 30.8*g 35.9%Cal Prot 12.8g 15.0%Cal Carb 56.9g 66.3%Cal T.Fat 8.4g 22.1%Cal S.Fat 2.6g 6.7%Cal	Nutrients Target Cals... 452 100% Chol... 12 mg Sodium... 382 mg Fiber... 3.8 g Iron... 1.9 mg Calcium 361.7 mg Vit A 871 IU Vit C 58.5 mg Sugar 50.9*g 45.0%Cal Prot 14.1g 12.5%Cal Carb 78.1g 69.2%Cal T.Fat 9.8g 19.6%Cal S.Fat 3.1g 6.1%Cal
Sep - 7	Sep - 8 OATMEAL ROUND MANGOS MILK,1% Lowfat	Sep - 9 CEREAL PACK MILK,1% Lowfat	Sep - 10 MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	Sep - 11 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
	Nutrients Target Cals... 245 70% Chol... 12 mg Sodium... 109 mg Fiber... 3.8 g Iron... 1.1 mg Calcium 326.5 mg Vit A 1705 IU Vit C 41.3 mg Sugar 28.2*g 46.1%Cal Prot 12.2g 19.9%Cal Carb 41.8g 68.4%Cal T.Fat 4.0g 14.6%Cal S.Fat 1.8g 6.8%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 406 100% Chol... 12 mg Sodium... 265 mg Fiber... 4.3 g Iron... 1.2 mg Calcium 353.8 mg Vit A 1019 IU Vit C 3.2 mg Sugar 26.7*g 26.3%Cal Prot 12.7g 12.5%Cal Carb 72.3g 71.3%Cal T.Fat 9.5g 21.0%Cal S.Fat 2.1g 4.6%Cal	Nutrients Target Cals... 482 100% Chol... 25 mg Sodium... 362 mg Fiber... 3.0 g Iron... 1.9 mg Calcium 495.0 mg Vit A 878 IU Vit C 21.0 mg Sugar 25.7*g 21.3%Cal Prot 19.2g 15.9%Cal Carb 86.2g 71.4%Cal T.Fat 8.4g 15.6%Cal S.Fat 4.0g 7.5%Cal
Sep - 14	Sep - 15 LEMON BREAD YOGURT BLUEBERRIES MILK,1% Lowfat	Sep - 16 CEREAL PACK MILK,1% Lowfat	Sep - 17 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Sep - 18 MINI DONUTS PEACHES ORANGE JUICE MILK,1% Lowfat
Nutrients Target Cals... 460 100% Chol... 52 mg Sodium... 242 mg Fiber... 5.2 g Iron... 1.3 mg Calcium 354.9 mg Vit A 579 IU Vit C 50.1 mg Sugar 48.6*g 42.3%Cal Prot 11.3g 9.9%Cal Carb 85.2g 74.2%Cal T.Fat 8.5g 16.7%Cal S.Fat 3.6g 7.0%Cal	Nutrients Target Cals... 521 104% Chol... 15 mg Sodium... 394 mg Fiber... 5.2 g Iron... 1.4 mg Calcium 543.7 mg Vit A 631 IU Vit C 2.9 mg Sugar 37.7*g 29.0%Cal Prot 17.7g 13.6%Cal Carb 86.0g 66.1%Cal T.Fat 13.1g 22.6%Cal S.Fat 3.6g 6.2%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 378 100% Chol... 12 mg Sodium... 350 mg Fiber... 4.0 g Iron... 4.0 mg Calcium 520.9 mg Vit A 1592 IU Vit C 4.5 mg Sugar 25.7*g 27.2%Cal Prot 12.9g 13.7%Cal Carb 68.6g 72.5%Cal T.Fat 7.8g 18.5%Cal S.Fat 3.2g 7.5%Cal	Nutrients Target Cals... 479 100% Chol... 12 mg Sodium... 348 mg Fiber... 3.5 g Iron... 1.3 mg Calcium 382.8 mg Vit A 1002 IU Vit C 40.9 mg Sugar 44.6*g 37.3%Cal Prot 13.5g 11.3%Cal Carb 78.9g 66.0%Cal T.Fat 13.7g 25.7%Cal S.Fat 4.6g 8.6%Cal

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 21	Sep - 22	Sep - 23	Sep - 24	Sep - 25
CINNAMON BUN STRING CHEESE FRESH APPLES MILK,1% Lowfat	BRFAST CRESCENT APPLESAUCE MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	APPLE FRITTER STRING CHEESE PEARS MILK,1% Lowfat	BRKFAST BAR PACK MILK,1% Lowfat
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target
Cals... 497	Cals... 381	Cals... 212	Cals... 490	Cals... 242
100%	100%	61%	100%	69%
Chol... 27 mg	Chol... 12 mg	Chol... 12 mg	Chol... 27 mg	Chol... 12 mg
Sodium... 586 mg	Sodium... 379 mg	Sodium... 307 mg	Sodium... 725 mg	Sodium... 207 mg
Fiber... 5.3 g	Fiber... 3.3 g	Fiber... 1.0 g	Fiber... 3.7 g	Fiber... 4.0 g
Iron... 1.8 mg	Iron... 1.6 mg	Iron... 3.7 mg	Iron... 2.9 mg	Iron... 1.9 mg
Calcium 558.0 mg	Calcium 328.7 mg	Calcium 385.0 mg	Calcium 528.4 mg	Calcium 305.0 mg
Vit A 698 IU	Vit A 512 IU	Vit A 878 IU	Vit A 623 IU	Vit A 978 IU
Vit C 6.3 mg	Vit C 1.3 mg	Vit C 4.8 mg	Vit C 0.9 mg	Vit C 0.0 mg
Sugar 42.0*g 33.8%Cal	Sugar 22.7*g 23.8%Cal	Sugar 21.7*g 40.8%Cal	Sugar 28.6*g 23.3%Cal	Sugar 21.7*g 35.8%Cal
Prot 20.9g 16.8%Cal	Prot 14.4g 15.1%Cal	Prot 9.2g 17.4%Cal	Prot 22.5g 18.4%Cal	Prot 11.2g 18.5%Cal
Carb 71.4g 57.4%Cal	Carb 62.0g 65.1%Cal	Carb 34.2g 64.3%Cal	Carb 71.1g 58.0%Cal	Carb 36.2g 59.7%Cal
T.Fat 15.5g 28.0%Cal	T.Fat 10.4g 24.6%Cal	T.Fat 5.4g 22.7%Cal	T.Fat 13.7g 25.1%Cal	T.Fat 5.9g 21.8%Cal
S.Fat 6.4g 11.7%Cal	S.Fat 3.1g 7.2%Cal	S.Fat 2.0g 8.7%Cal	S.Fat 5.7g 10.5%Cal	S.Fat 2.5g 9.4%Cal
Sep - 28	Sep - 29	Sep - 30		
ANIMAL CRACKERS GRANOLA BAR YOGURT PEACHES MILK,1% Lowfat	BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat		
Nutrients Target	Nutrients Target	Nutrients Target		
Cals... 460	Cals... 348	Cals... 212		
100%	99%	61%		
Chol... 15 mg	Chol... 27 mg	Chol... 12 mg		
Sodium... 358 mg	Sodium... 579 mg	Sodium... 307 mg		
Fiber... 4.2 g	Fiber... 3.0 g	Fiber... 1.0 g		
Iron... 1.9 mg	Iron... 2.0 mg	Iron... 3.7 mg		
Calcium 640.4 mg	Calcium 522.6 mg	Calcium 385.0 mg		
Vit A 784 IU	Vit A 626 IU	Vit A 878 IU		
Vit C 3.4 mg	Vit C 9.5 mg	Vit C 4.8 mg		
Sugar 27.7*g 24.1%Cal	Sugar 35.6*g 40.9%Cal	Sugar 21.7*g 40.8%Cal		
Prot 15.7g 13.6%Cal	Prot 17.7g 20.3%Cal	Prot 9.2g 17.4%Cal		
Carb 78.2g 68.0%Cal	Carb 52.1g 59.9%Cal	Carb 34.2g 64.3%Cal		
T.Fat 9.5g 18.5%Cal	T.Fat 8.5g 22.0%Cal	T.Fat 5.4g 22.7%Cal		
S.Fat 4.0g 7.9%Cal	S.Fat 3.6g 9.2%Cal	S.Fat 2.0g 8.7%Cal		

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